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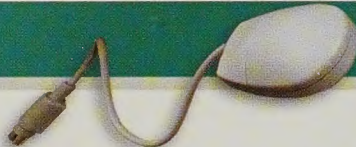
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Your Touchstone Energy® Cooperative 

ALSO INSIDE:
Holiday Gift Guide
Ashe County Adventures
Thanksgiving Recipes
Pumpkin Torte, Sweet Potato Bake and more

DEGREE & LICENSURE PROGRAMS

VIA THE WEB



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- Master of Science in Nursing - Community Health, School Nurse & Population Options
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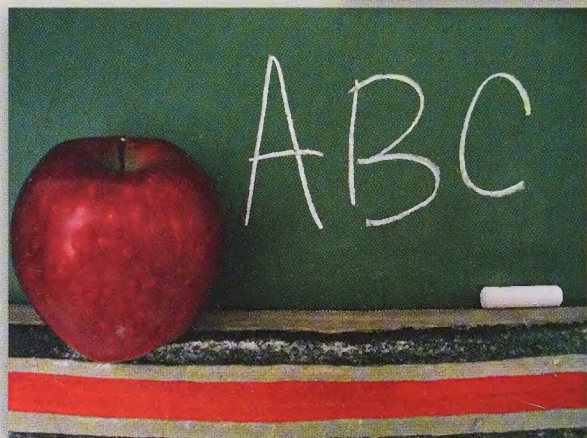
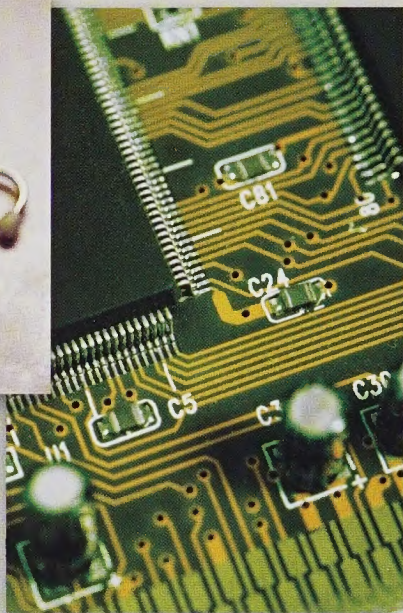
Engineering Technology

BS Engineering Technology Degree Completion (2+2)

- Electrical (for applicants holding the Associate in Applied Science in Electrical, Electronics, Instrumentation, admission in Fall only)
- Fire Safety (for applicants holding the Associate in Applied Science in Fire Science, admission in Fall and Spring)

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- Special Education: General Curriculum/Lateral Entry/Initial Licensure
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 350,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.



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Pictured is 21-month-old Addison Ann at Pullen Park, daughter of Brad and Sharon Pope. The family lives in Raleigh. (Photo by grandmother Janice Pope, of Wake Forest)

12 CAROLINA COUNTRY SCENES

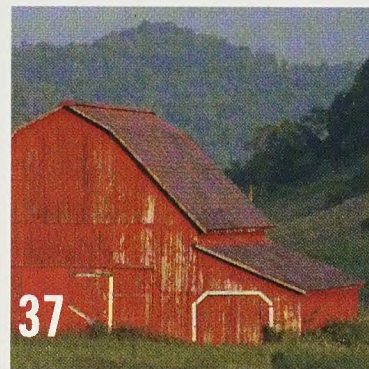
Farm life, children, landscapes, buildings. A selection of photographs from those you submitted as "my favorite."

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Brief history of the trusty Mason jar. Plus Donna Chilton of Pilot Mountain lists some of its many uses.



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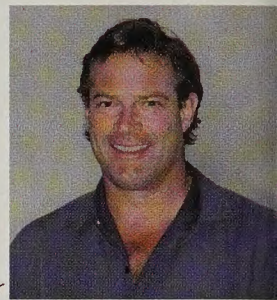
The walkway to the Riverton swimming hole on the Lumbee River near Wagram, Scotland County. Photography by William Herndon, Red Springs, a member of Lumbee River EMC.

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How the cooperative family works

By Michael E.C. Gery, editor



You might be surprised how often someone asks us a question like, "How come Carolina Country is still around?"

They usually are people from "the outside," who are unfamiliar with Carolina Country and North Carolina's electric cooperatives. They wonder how a magazine like this not only has survived 58 years, but has a devoted readership of more than 85 percent among the 565,000 households and businesses we reach. Even we at the magazine are amazed that surveys show more than 8 of 10 people who receive the magazine read it every month, and many of them pass it along to people who don't receive it. And, we've found that people of all ages, and from all walks of life, make up those dedicated readers. Our loyal advertisers, many of whom have been with us each month for more than 15 years, know what I mean.

In reply, we offer the same explanation as you would: We are part of the cooperative family. We care about what we do and who we reach as much as we care about our own blood relatives and friends.

All you have to do is look at the messages on the page facing this one, and you'll get the idea. We receive these kinds of messages not only every month, but virtually every day. (From time to time we also hear about where we slip up, and we take those comments just as seriously.)

Every month, we are lucky to get real, honest-to-goodness, heartfelt letters, calls, e-mail messages, pictures, poems and other presents from members who seem to enjoy us and Carolina Country as much as we enjoy them. Letha Mae Humphrey in Greene County often tells us who are the important people in her life and why. The Rev. Paul Honeycutt of Salemburg sends us thoughtful and humorous sermonettes. Students from Butler High School send us their stories. Last week, we got a letter from Michelle Lee Millican, who lives in the Eureka Springs neighborhood of Fayetteville. She sent us 18 pages of lovely, very large handwriting. She likes Carolina Country, South River EMC, Food Lion, Pizza Hut, Wal-Mart and Northwood Temple Church.

She was born premature and turned 30 this year. She likes to clean and cook, especially baked barbecue chicken, blueberry cobbler and chocolate chip cookies. She feels a natural kinship with us.

Like any good cooperative family member, we encourage you all to be part of us, to help us do our work, to make the magazine reflect the collective personality of North Carolina's



At a Christmas in July banquet for "Jim's Kids," Jim Bullins and Onie Frances Rogerson are flanked by Randolph EMC's general manager Dale Lambert (far left) and the co-op's director of public relations Dave Rowe. You can reach Jim's Kids at 2262-4 Race Track Rd., Sophia, NC 27350. (Phone 336-629-1973.) You can reach Onie Frances Rogerson at 466 Brooks Lane, Blounts Creek, NC 27814.

Touchstone Energy cooperatives. You'll see your own ideas, advice, stories and pictures in Carolina Country every month.

One of our regular correspondents is Onie Frances Rogerson of Blounts Creek in Beaufort County. We published a letter from her a few years ago. Jim Bullins of Sophia, a member of Randolph EMC some 180 miles away, noticed Onie Frances' letter and invited her to his annual "Jim's Kids" Christmas in July banquet. Mr. Bullins has hosted the July event, and another in December (the next one is Dec. 9), to bring joy to children and others with disabilities.

He arranged for Onie Frances' transportation and lodging. They have stayed in touch with each other ever since.

This summer, Onie Frances told Jim that she would be unable to attend the Christmas in July event in Asheboro because her mother had a stroke and her close aunt had died. Onie Frances said she needed to stay home to care for her mother, because "she waited on me a long time and she took care of me."

So Jim Bullins and his wife came to see Onie Frances instead. "Mr. Jim and Miss Mary they made a special trip to my house to see me and my mother on July 19," Onie Frances wrote to us. She arranged for Jim and Mary to park their RV overnight nearby, and on the day of the visit she taught Mr. Jim how to drive a golf cart. "My whole family decided to adopt Mr. Jim and Miss Mary," Onie Frances wrote. "They are angels sent from God. They are always there for others, and I am going to do my best to be there for them and others."

As we approach the season of thanksgiving, we are grateful for our cooperative family, aren't we? 

Thanks to Blue Ridge Mountain

Wow! Just wanted to thank Blue Ridge Mountain EMC for the great service in getting our downed trees off the power lines Sept. 28. In a traumatic time such as that was, it was great to hear a sympathetic voice from the first initial call for help and have such a great response from your crews. With all the trees we had across those lines, we were impressed at how fast the power was returned to us.

Don and Marie Scott / Murphy

ights in Hamburg

Not long ago I went out for a breakfast at Lakewood Plaza Restaurant in Roseboro, N.C. There was only one empty chair in the place. I sat down with an older man and woman, and we exchanged greetings. We later asked each other where we lived. I told the man I live in an area called Hamburg. He said, "I know you do not know where that is."

He said, "I surely do, and what was your dad's name?" I told him Perlie Tew. He then said, "Your dad was the first person in your area to get electricity."

I already knew that, but I asked him how he knew. He said, "I went to work with R.E.A. in the early Forties and I helped wire your daddy's house. I remember because it was the first I helped wire and the first one in your neighborhood. There were the most young'ns running around I ever saw."

My parents had 12 children, and I remember very well when we got electricity and our first refrigerator. We children were busy for days reaching up pulling the strings and seeing the lights come on.

Teranium Lugo / Roseboro

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Proud of the old and the new

I love getting your magazine in the mail. I always sit down and read it as soon as I get it. It always reminds me of how good North Carolina is. I am a young adult who loves the history of our state and takes great pride in it. This past weekend my wife, Jenny, took a picture of our daughter, Emily, at the produce stand in Stokesdale. We think it shows the old and the new in the world: Emily the new, an old pallet, and a weathered produce stand.

Derek Southern / Stokesdale / EnergyUnited



Sunshine

Thank you for using the picture of my great-granddaughter, Chasity, in her Halloween costume ["My Favorite Halloween Costume," October 2006]. I didn't tell any one I was writing, nor did I tell her parents, Ron and Amy, I was using Chasity's picture. Ron's father, a retired Air Force veteran, had been battling cancer all year and longer. He died on the 13th and the funeral was Friday. Your letter telling me the picture would be published came on Saturday.

I called Ron and Amy and asked them to come by here. Both were thrilled that Chasity's picture would be in Carolina Country, even though Chasity is crying.

I signed the check and gave it to them. I told them to use it to eat or do something happy. My daughter called me later and said Chasity's picture in the magazine would be a big ray of sunshine in their dark cloud.

I just wanted you to know your deeds go farther than the cover of the magazine.

Lucille Haywood / Rockingham / Pee Dee EMC



World's Most Valuable Timepiece Disappears

Back in 1933, the single most important watch ever built was engineered for a quiet millionaire collector named Henry Graves. It took over three years and the most advanced horological technique to create the multifunction masterpiece. This one-of-a-kind watch was to become the most coveted piece in the collection of the Museum of Time near Chicago. Recently this ultra-rare innovation was auctioned off for the record price of \$11,030,000 by Sotheby's to a secretive anonymous collector. Now the watch is locked away in a private vault in an unknown location. We believe that a classic like this should be available to true watch aficionados, so Stauer replicated the exact Graves design in the limited edition Graves '33.

The antique enameled face and Bruguet hands are true to the original. But the real beauty of this watch is on the inside. We replicated an extremely complicated automatic movement with 27 jewels and seven hands. There are over 210 individual parts that are assembled entirely by hand and then tested for over 15 days on

Swiss calibrators to ensure accuracy. The watches are then reinspected in the United States upon their arrival.

What makes rare watches rare?

Business Week states it best... "It's the complications that can have the biggest impact on price." (*Business Week*, July, 2003). The four interior complications on our Graves™ watch display the month, day, date and the 24 hour clock graphically depicts the sun and the moon. The innovative engine for this timepiece is powered by the movement of the body as the automatic rotor winds the mainspring. It never needs

batteries and never needs to be manually wound. The precision crafted gears are "lubricated" by 27 rubies that give the hands a smooth sweeping movement. And the watch is tough enough to stay water resistant to 5 atmospheres. The movement is covered by a 2-year warranty.

Not only have we emulated this stunning watch of the 1930s but just as surprising, we've been able to build this luxury timepiece for a spectacular price. Many fine 27-jewel automatics

that are on the market today are usually priced well over \$2,000 dollars, but you can enter the rarified world of fine watch collecting for under \$100. You can now wear a millionaire's watch but still keep your millions in your vest pocket. Try the handsome Graves '33 timepiece risk free for 30 days. If you are not thrilled with the quality and rare design, please send it back for a full refund of the purchase price.

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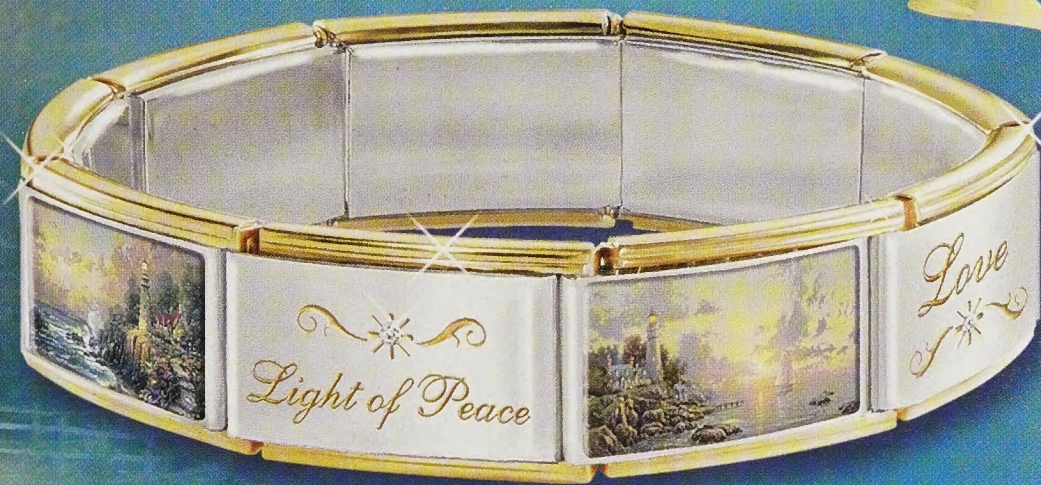


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The exquisitely beautiful "Hope Lights the Way" bracelet showcases the radiant artistry of America's most collected artist, the *Painter of Light*™, coupled with words of comfort and inspiration. The Italian charm bracelet is lovingly hand-crafted with brilliant accents of 18K-gold-plating and 7 genuine Swarovski® crystals, and a sculpted lighthouse depicted on the center charm. Flexible nine-link band expands to fit all wrists.

The "Hope Lights the Way" Italian Charm Bracelet makes a wonderful gift to give or an exquisite keepsake to own. Complete with a certificate of Authenticity and custom-designed case, it's an exceptional value at just \$99*, payable in 4 monthly installments of \$24.75. To reserve yours, backed by our unconditional 30-day guarantee, send no money now; just mail the Reservation Application today!

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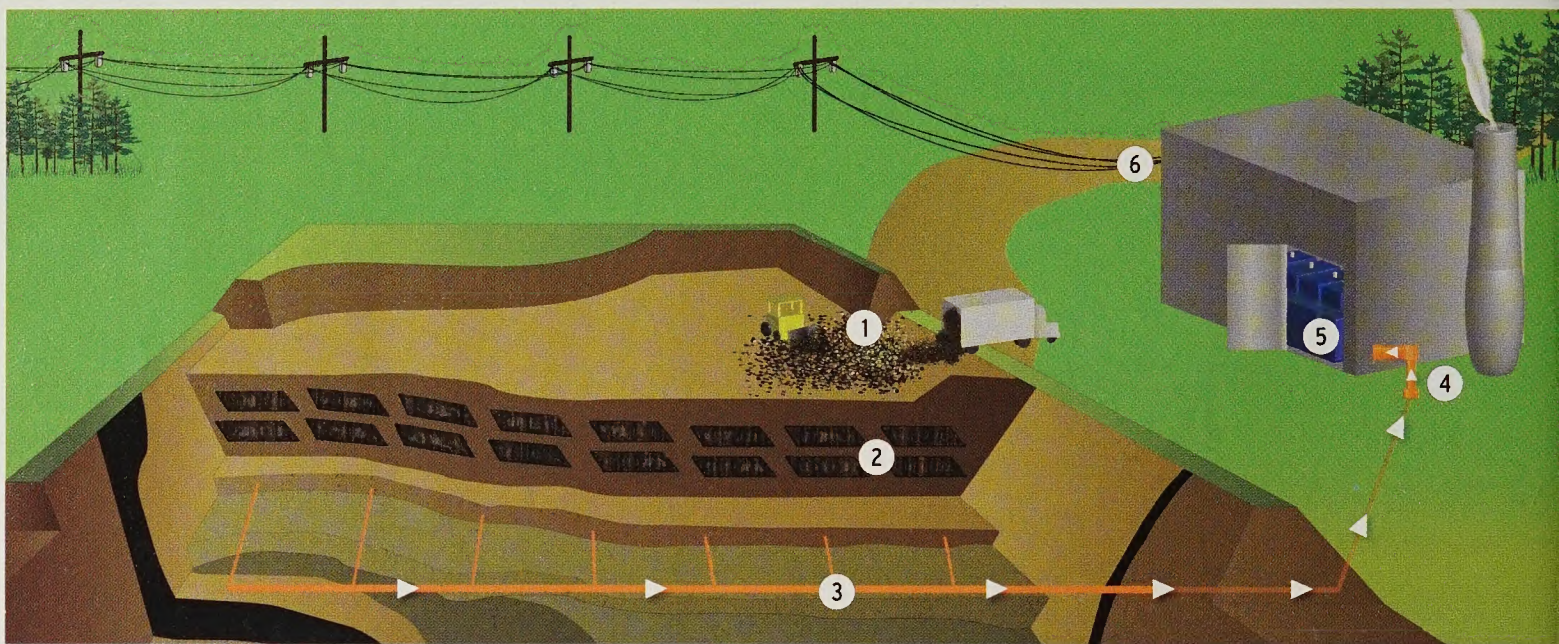
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Using landfill gas as an energy source



True or False: Carbon dioxide is the worst of the so-called “greenhouse gases” that contribute to global warming.

False.

Methane gas is 20 times more potent than carbon dioxide in trapping the earth’s heat in our atmosphere.

So what?

Landfill dumps containing our trash are the largest human-made source of methane in the U.S.

What can we do about it?

Use the methane as an energy source.

Recent reports say North Carolina produces more than 10 million tons of trash in landfills per year (2003–2004) and that number is growing fast. The year before, we produced about 7.2 million tons.

According to conversion factors available from the Landfill Methane Outreach Project (LMOP) of the U.S. Environmental Protection Agency, 1 million tons of trash emits enough methane gas to generate electricity that can supply more than 600 average North Carolina houses every day. Because of the nature of the methane, however, those houses would have to be really near the landfill.

Today, there are about a dozen North Carolina landfills whose methane is being tapped. Most were set up in the 1990s when economic incentives favored methane gas development. Today’s energy prices and new incentives have improved the financial feasibility of landfill gas production. The cost to install a landfill gas system that could run an electricity generator

HOW POWER IS CREATED FROM LANDFILL WASTE

1. Garbage is collected, delivered to the landfill and compounded.
2. Garbage decomposition releases gases.
3. Pipes underneath the landfill remove the gases (mostly methane).
4. Gases are pumped to an engine.
5. The engine powers a generator.
6. The generator creates electricity, which is then added to North Carolina’s power supply.

is between \$1 million and \$2 million, according to the LMOP.

Staff specialists from North Carolina’s Touchstone Energy cooperatives recently learned about the basics of landfill gas prospects during a presentation on the LMOP given by Matt Lamb of G.N. Richardson & Associates, Raleigh-based engineering and geological services consultants specializing in waste management. The seminar was hosted by Advanced Energy, a research and testing organization, based at N.C. State University, which the cooperatives help to fund.

Some 40 landfills in North Carolina are mound-like operations contained in a protective underground liner. Another 200 or more are the formerly used unlined variety and are closed. LMOP points out that even inoperable landfills can produce usable methane gas for 15 to 30 years.

The gas can’t be bottled yet, nor piped long distances, so the users of the gas to date are industries or facilities located near landfills. These include the Ajinomoto and Mallinckrodt pharmaceutical plants in Raleigh, a crafts center

near the Yancey-Mitchell county landfill, a Cargill feed facility in Fayetteville, and a kiln in Buncombe County.

Most operations use the gas directly to fire boilers or industrial operations. An increasingly promising technology applies gas to make steam that runs electricity generators. The gas can be pumped from landfills round-the-clock, roughly at the same rate that it is produced underground. At present, however, most facilities simply burn off—or “flare”—the gas. Gas companies themselves have not been interested in the product because its composition is inferior to pure natural gas, containing half the heating value.

Because of their environmental benefits and renewable energy production the North Carolina NC GreenPower program is providing financial incentives to some landfill gas projects. NC GreenPower is the statewide service that assists production of renewable energy in the state and is funded by contributions from consumers (visit www.NCGreenPower.org).

Contact the LMOP at www.epa.gov/lmop to learn more about landfill methane.

—Michael E.C. Ge

If gasoline costs less now, why doesn't electricity cost less?

Q The price of gasoline has gone down, so why hasn't my electric bill gone down?

A When the price of crude oil goes down, gasoline prices are typically the first to reflect this drop in the short-term.

Q If gasoline is cheaper, shouldn't the fuels used to make electricity be cheaper too?

A Not necessarily. First, gasoline is not used to produce electricity. Electricity delivered to you by your co-op is generated by a mix of fuels, including coal, nuclear, hydro-electric and natural gas. Many factors influence the price of these fuels, including transportation costs (for coal), weather patterns, supply and demand, and world events such as the Middle East conflicts.

Q Will lower natural gas prices bring down the cost of my electricity?

A It is too early to tell if this price drop will be sustained over a significant period of time. Should that happen, it would likely have a positive effect on the price of electricity produced by natural gas. However, natural gas is used to produce electricity needed at peak usage times, such as very hot or very cold days. Most of your day-to-day electricity comes from coal and nuclear sources. Even though natural gas is used to produce only a fraction of your electricity, it is still by far the most expensive fuel in our mix.

Q If natural gas is so expensive, then why don't you just remove it from your fuel mix?

A Your co-op purchases electricity generated from a variety of fuels in order to ensure maximum reliability for you. For day-to-day electricity use, your power comes from sources such as nuclear and coal plants. These fuels are less expensive, but the nuclear and coal plants must run almost continuously. Starting and stopping them based on electricity demand is simply not practical and is expensive. When electricity demand increases significantly, or "peaks," we depend on power produced at peaking plants. Peaking plants can be started up quickly and shut down quickly when the demand for power subsides. At this point, peaking plant technology is limited to just two fuels, natural gas or oil.

Q Some power bills show an additional cost for WPCA? What exactly is WPCA?

A The WPCA, or wholesale power cost adjustment, is a charge used to recover the cost of rising fuels costs. It is not a part of your base rate. While we do everything we can to predict our needs in advance, many factors influence the availability and price of fuels used to generate electricity. The electricity business is a long-term business, and while we plan carefully, we cannot predict every possibility that would influence our costs. The WPCA helps recover these unanticipated costs. Co-ops continually look to lessen the impact of this volatile energy market on members.

Prepared by the North Carolina Electric Membership Corporation, the power supply cooperative of North Carolina's Touchstone Energy cooperatives.

WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 8 with your name, address, phone number and the name of your electric cooperative.

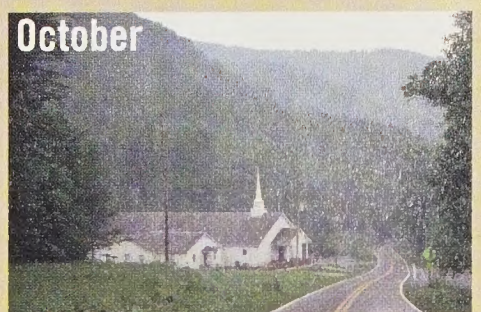
By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our December issue, will receive \$25.

October winner:

The October photo showed the Welcome Home Baptist Church, at the foot of Pinnacle Mountain on Painters Gap Rd., in the Whitehouse community of Union Mills, Rutherford County. It is in Rutherford EMC territory. Correct answers were numbered and the \$25 winner chosen at random was Noel Sisk of Rutherfordton, who said in his entry that high school buddies would hike up the mountain and look to McDowell County. "It was always a comfort to come off of the mountain and see the church, first thing. To those of us that grew up in the area, it was truly a sign from God that we really were in 'God's Country'."





The Edgecombe-Martin County EMC golf team won the President's Cup this year. Members are (from left) Winston Howell, Gary Hicks, Anthony Cannon and Eddie Stocks.

Touchstone Energy Cooperatives & 4-H

Working together to teach 4-H'ers about citizenship

North Carolina's 4-H Youth Development Program was the winner Oct. 9 when 116 golfers gathered at Treyburn County Club in Durham for the 10th Annual EMC State 4-H Clover Classic. This year, 11 county 4-H programs in partnership with the regional cooperatives held local tournaments that culminated in this statewide tournament, sponsored by the North Carolina Electric Membership Corporation (NCEMC).

Proceeds will go towards scholarships for the 4-H Citizenship North Carolina Focus, an annual Citizenship Experience for 4-H'ers across North Carolina. The Touchstone Energy cooperatives' annual event raised around \$16,000 for the 4-H Citizenship program this year.

Donors included cooperatives that partnered in local tournaments and corporate sponsors. Participating were Albemarle EMC, Central EMC, Union Power Cooperatives, Edgecombe-Martin County EMC, Halifax EMC, Piedmont EMC, Jones-Onslow EMC and South River EMC.

The local tournaments raised over \$70,000 to help fund programs for their local counties. Counties use this money to help fund intra-state exchanges, offset project and curriculum costs, scholarships for camp, and many other programmatic needs. Counties who participate include: Cumberland, Edgecombe, Halifax, Harnett, Lee, Onslow, Orange, Pasquotank, Person, Sampson and Union.

Each year a local EMC is awarded the President's Cup. The President's Cup honors outstanding partnerships between the local EMC and the county 4-H program. This year the Edgecombe-Martin EMC golf tournament raised \$6,000. Over the past 10 years,

the Edgecombe-Martin EMC and 4-H program in Edgecombe has provided some \$40,000 to the 4-H Exchange Program. During this time some 60 4-H youth and adults have traveled and hosted over 80 youth and volunteers from New York, Vermont, Colorado, Kansas, Pennsylvania, Wisconsin, Tennessee and Washington State. Lesa Walton, 4-H Agent in Edgecombe County, says that "EMC's generosity and determination to host the EMC/4-H Golf Tournament annually is truly a tremendous opportunity that Edgecombe County 4-H youth and families are most fortunate to reap the benefit from." The President's Cup is endowed through the Dr. Mike Davis Family Fund for 4-H Innovation and Excellence.

The North Carolina 4-H Youth Development program serves over 199,000 youth, ages 5-19, in North Carolina and works with over 25,000 adult and youth volunteers annually. Local 4-H programs are supported with resources from the Cooperative Extension Service within the College of Agriculture and Life Sciences at North Carolina State University and North Carolina A & T State University. 4-H has offices in all 100 counties plus the Cherokee Reservation. For more information about the 4-H Youth Development Program, contact your local Cooperative Extension office or the state 4-H office at (919) 515-3242; mailing address: NCSU Box 7606, Raleigh, NC, 27695-7606.



4-H

www.nc4h.org



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CAROLINA COUNTRY scenes





4



5



6

1 : Long Beach Egret

Long Beach, N.C., is still isolated enough that an elegant creature like this snowy egret can dart along the beach as the waves rush in.

Jill Gunter | Bear Creek | Randolph EMC

2 : Bailey's Boots

This is my 3-year-old granddaughter, Bailey Grace Wilcox. She has an avid hunger to learn, and she faces every new experience with exuberance. This was shortly after one of our summer "gulley washers," and Bailey couldn't wait to put on her new "princess boots" and find out how deep the puddles were. *Patricia Ann Wilcox | Maiden | Rutherford EMC*

3 : Camp Caraway Bridge

The covered bridge at Camp Caraway in Asheboro.

Ken Hall | Garner | Cooperative Council of N.C.

4 : Sunset at Nags Head

David and his son, Joshua, at Nags Head at sunset.

Terry Mays | Lincolnton | Rutherford EMC

5 : Down by the Fish Pond

Growing up on a farm was carefree and exciting, though I am just now realizing this. Farming was hard work with long days. I remember some leisure moments, however. At noon, everyone would come in from the field, eat dinner, clean the kitchen and all would take a little siesta. Well, everyone except Mom and I. I liked to fish just like she did, so we'd grab our poles and walk perhaps a mile to the river to cast our lines. I'd tire of fishing quickly and would explore the streams, the mossy banks, the woodlands. This escape gave us time to be with one another, as well as a change of pace for Mom and adventure for me. Renewed by our excursion, we'd return to work. Except in my mind and heart, I had no tangible memories of these times. But one day, I got this picture of Mom (93 years old now) with her granddaughter, Megan, down by the fish pond. And suddenly all those wonderful memories came flooding back.

Barbara Ratliff | Oxford | Wake EMC

6 : Waiting for Daddy

There is nothing that my 3-year-old son, Jody, loves more than riding the tractors with his daddy. He will stand and wait patiently half the day for Steve to pick him up. Jody's dog, Riley, loves riding with them. On this day, Jody was waiting for his dad to finish baling the hay so that he could ride down to the barn. Riley was pregnant and ready to have her puppies, but she waited, too. Jody knows all the tractor brands by color and has a nickname for each of his daddy's and Papaw's tractors. He and his dad have a difference of opinion as to which is the best tractor. Jody has on a John Deere cap, and his dad is driving a Massey Ferguson.

Jill Mann | Canton | Haywood EMC



Thanks to everyone who submitted photos for this year's Carolina Country Scenes. We wish we had space to publish more. You can see more on our Web site at

www.carolinacountry.com. Next month we'll publish stories of your "regifting mistakes." [Deadline was Oct. 15.] To see more themes and rules for our "Nothing Could Be Finer" series, see page 15.



7



8



9

7 : Sweet Potato Girl

I took this picture of my daughter, Tori, when she was 7 years old. Her daddy had just come home with a trailer full of sweet potatoes to put out for the deer. Before we knew it, Tori had climbed into the trailer, straw hat and all. She is a true country girl at heart, and this picture defines her perfectly. *Maria Rose / Clinton / South River EMC*

8 : Hogan's Creek

This is at Hogan's Creek. I like to call it "Serenity."
Andy Mchone / Ararat / Surry-Yadkin EMC

9 : Valle Crucis Dandelions

This picture reminds me of spring and summer, but also of a special place in the North Carolina mountains. I did not even know this place was there until someone told my husband that there is a trout stream in the park behind the Mast General Store in Valle Crucis. My husband was trout fishing in the stream, so I took some time to see what my lens could find. *Amanda Varner / Asheboro / Randolph EMC*

10 : Bing Cherries

It was a hot July day and my daughter, Caroline, 21 months, had just gotten a new straw hat. She loves hats and wouldn't go anywhere without this newest one. We had just returned from the grocery store, and she was sitting on the kitchen countertop checking out Bing cherries. She had tried them (notice the cherry juice on her chin) but still wasn't sure if she was a fan or not. *Debbie Citta / Lexington / EnergyUnited*

11 : Foster Parents for Orphaned Calves

Each fall on the farm, the cows begin having their calves. The calves in this picture lost their mothers. My husband, Brian (on the right), and his co-worker, Johnathan, rescued these orphans. After this, the calves thought that Brian and Johnathan were their parents and would come running each time they showed up with a bottle of milk. Calves are typically born in November. It is so sad when a mother cow dies, but it's nice to know that the calves will be well cared for. This was taken at Warren Farming Company in Newton Grove, where my husband farms with his father, George, Uncle Gerald, and cousins Brandon and Bartley. *Carrol Warren / Newton Grove / South River EMC*

12 : Bertie County Sunflowers This photo was taken from an unpaved road near Colerain in Bertie County. The land is farmed by the Brown family in Trap. I thought the barn was a nice backdrop for the sunflowers. *Lydia McKeel / Ahoskie / Roanoke Electric*

13 : Beach Angel

This is a picture of my 8-year-old daughter at the beach. I love the softness and the purity. She looks like an angel. *Laura Odem / Dallas / Rutherford EMC*

14 : Morning Fog

This photo always reminds me of fall. It shows the fog and old barn when winter's approaching and the ground is warmer than the air. *Christine Paszko / West End / Randolph EMC*



10



11



12



14

Send us your best **Earn \$50**

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

January 2007 Diets and Me
What worked, or what didn't work?

Deadline: November 15

February 2007 The Way We Were
Pictures from the old days, and the stories that go with them.

Deadline: December 15

March 2007 Pests and Weeds
Tell us how you control them in your garden.

Deadline: January 15

April 2007 The Dumbest Souvenir I Ever Brought Home

Where did it come from and why?
Send photos, if you have them.

Deadline: February 15

May 2007 How We Saved Energy
Good ideas for home, at work, or on the road.

Deadline: March 15

June 2007 One Time at Summer Camp
Your best summer camp story.
Send photos, if you have any.

Deadline: April 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
Or by e-mail: finer@carolinacountry.com
Or through the Web: www.carolinacountry.com



A



B



C

A : Certificates for B&B Getaways

You can treat a loved one to a relaxing getaway by giving gift certificates for participating North Carolina B&Bs and inns. Available in denominations of \$20 and up, the certificates are through a national business, BnB Finder.com. Your gift certificate recipient can choose an inn at www.bnbfinder.com or call the toll-free number for a printed list of inns. Online, the recipient can designate a preferred location from the North Carolina list, such as North Coast/Outer Banks, Mid-North Carolina, North Foothills and Western North Carolina, along with amenities such as spa services and Internet access. There are more than 75 participating locations in North Carolina, including Fairway Oaks Bed & Breakfast in Morganton, Duck Smith House Bed & Breakfast in Seagrove, and The White Doe Inn in Manteo (shown). There are more than 1,000 inns to choose from nationwide.

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www.bnbfinder.com/North-Carolina-Bed-and-Breakfast

B : Aunt Ruby's Peanuts

Aunt Ruby's Peanuts from Enfield, N.C., makes very popular gifts any time of the year. You can get them raw, roasted in the shell, country-style, red-skin style, honey-roasted, and chocolate-covered in individual cans in several sizes or in a variety of gift packs. Try the popular cashews and in new gift packs. Call toll-free or order online for quick delivery.

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C : Mrs. Hanes' Moravian Cookies

This busy bakery, located in Davidson County, has been a family business for more than 75 years. Each cookie, a type of paper-thin gingerbread, is hand-rolled, hand-cut and hand-packed. Flavors are Ginger Crisps, Sugar Crisps, Lemon Crisps, Black Walnut and Butterscotch Crisps—a one-pound tin of each flavor costs \$17 and contains about 100 cookies. Two-pound tins of each flavor cost \$28 each. The owners, who are EnergyUnited members, say they use no additives or preservatives in their products. The bakery offers tours to students, senior citizens and other groups.

Mrs. Hanes' Moravian Cookies

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Clemmons, NC 27012-6882
(888) 764-1402
www.hanescookies.com

D : Billy's Sauces

"The Sauce Worth the Cost" is how folks describe Billy's distinctive, vinegar-based sauce. The eastern North Carolina-style treat can be slathered on chicken, pork, fried turkey, seafood, beans and other cookout fare. Billy Trevathan first made his recipe for a 1994 church fundraiser. He and wife, Jean, both members of Edgecombe-Martin County EMC, have been selling it ever since. Sauces come in hot, mild and a cocktail sauce. Two in a pack cost \$8.50; three in a pack \$12.50; a gallon is \$20; a case of 12 bottles is \$30. You can find Billy's sauces in some Piggly-Wigglys, Lowes Foods, Red & Whites, IGAs and other stores from Chapel Hill to the coast. Some stores stock them in the N.C. products section. Call Billy and Jean for locations or mail orders.

Billy's Sauces

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Tarboro, NC 27886
(252) 823-4931
www.billyssauces.com



D



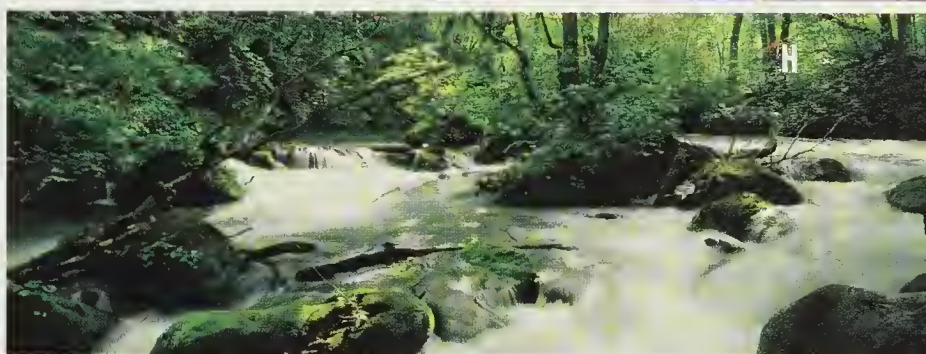
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G



E



H

ncGreenPower

E : Home-Cooked Peanuts

Super-sized peanuts—grown, cooked and packed down on the farm—bring a super-sized taste. Varieties are: salted, unsalted, redskins, hot Cajun, and hot, hot new chipotle. Seasonal specials are: single-dipped chocolate-covered peanuts, extra-crunchy peanut brittle, homemade sugar-coated peanuts. New sweets for this year are: old-fashioned peanut squares and tasty chocolate-covered peanut brittle. Assorted gift boxes and baskets for individual gifts. Corporate pricing is also available. Visa and MasterCard accepted. All packaged in vacuum-sealed cans in a variety of sizes.

Taylor's Home Cooked Peanuts LLC

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www.taylorspeanuts.com
 e-mail: taylorspeanuts@taylorspeanuts.com

F : Kids Cards

Kids Cards turns artwork by patients at North Carolina Children's Hospital into all-occasion and holiday cards. "Baby Prints" cards are made by Karen Haxton, a nurse who works in the Newborn Critical Care Center. All hand and footprints are the actual size of the babies who donated them. Packs of 10 cards for \$7. Proceeds fund programs to help make a kid's stay in the hospital more friendly, to feed families during hospital stays and to buy strollers, toy boxes, books and educational materials. Also for sale are note cards, totes and travel mugs.

Kids Cards Project

P.O. Box 3461
 Chapel Hill, NC 27515-3461
 (800) 842-6004
www.kidscards.org

G : Southern Supreme

Positive feedback from customers convinced Berta Scott and her family to convert their garage into a kitchen and start cooking fruitcakes by the dozens. From its humble roots in the Scott garage in Bear Creek, Southern Supreme has grown to an internationally known mail-order gourmet food company. The company, served by Randolph EMC, sells fruitcakes, nuts, candy, jellies, baked goods and gift baskets. Fruitcakes start at \$6.50 for 8 ounces. The no-sugar-added fruitcake sells for \$22.95 and is 2 pounds.

Southern Supreme

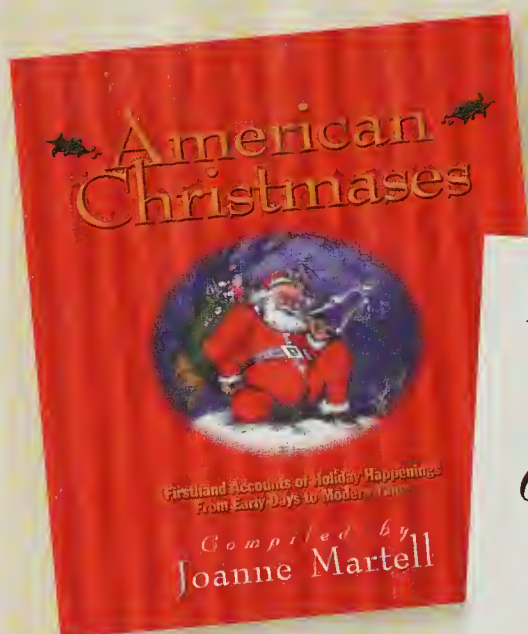
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H : North Carolina Renewable Energy

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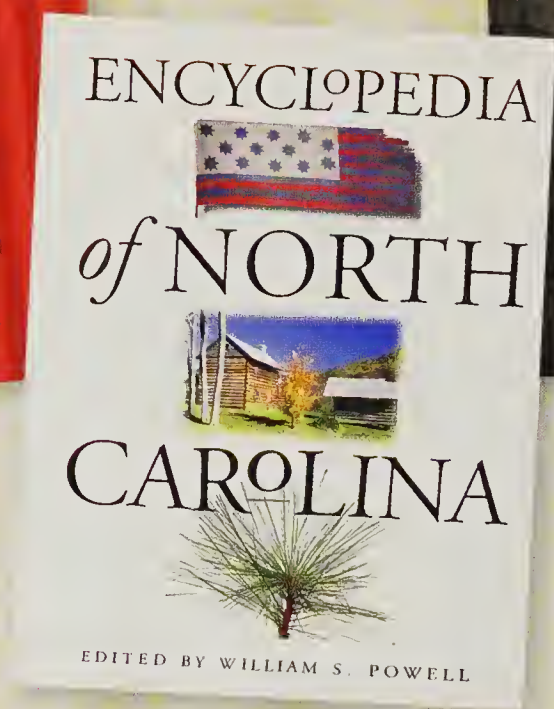
I



I : American Christmases

From Captain John Smith's description of his visit to a native village in 1608 to Major Carrie Acree's letter from Iraq in 2004, "American Christmases" offers firsthand impressions of the Christmas season as told in letters, journals, memoirs, newspaper articles, poems, songs and advertisements. Accounts show how the role of Santa Claus and America's Christmas celebrations have evolved and how the Christmas tree became a symbol. Well-known people featured include Daniel Boone, F.W. Woolworth and Helen Keller. "American Christmases: Firsthand Accounts of Holiday Happenings from Early Days to Modern Times" is compiled by Joanne Martell. Hardcover, 319 pages, \$24.95.

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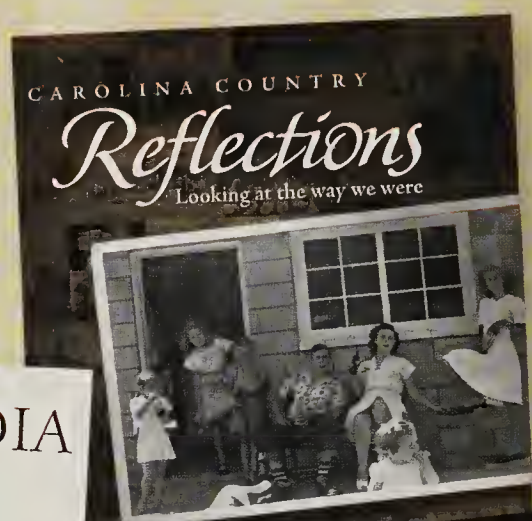


J

J : Encyclopedia of North Carolina

Have the state at your fingertips! From agriculture to opera, New River to Old Christmas, outdoor drama to auto racing, you'll want this one-of-a-kind reference on your bookshelf. Edited by preeminent state historian William Powell, with more than 2,000 entries and 500 contributors, this is a people's encyclopedia that will inform and entertain the whole family. It has 1,360 pages, 373 illustrations, and is available in bookstores or from the publisher for \$65.

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www.ncencyclopedia.org



K

K : Carolina Country Reflections

This special, limited-edition book offers more than 200 photographs by Carolina Country magazine readers depicting life in rural North Carolina before 1970, including poignant scenes and stories of families, farms, fun times and everyday life. Hardcover, 160 pages. The price of \$35 includes free shipping and handling. Order by mail or online.

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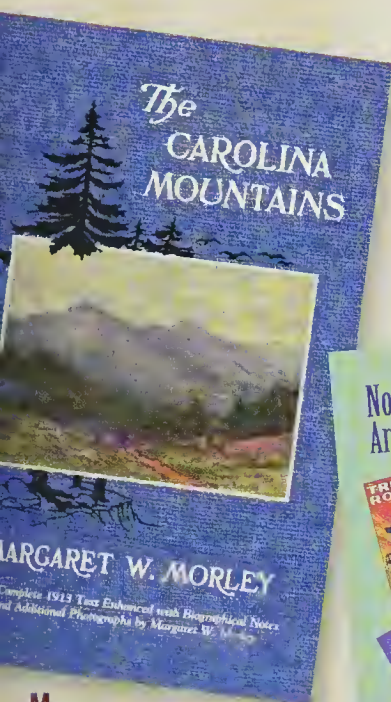
L

L : The Potter's Eye

Accomplished potters Mark Hewitt and Nancy Sweezy bring the history of the North Carolina stoneware tradition to life in this stunning oversize book, brimming with color photographs. Honoring the artist's perspective, the authors trace potters' techniques, tools and materials over the years, describe illustrated examples, and profile six contemporary potters. In hardcover with 255 color photographs, this perfect gift for pottery lovers on your list is available in bookstores or from the publisher for \$39.95.

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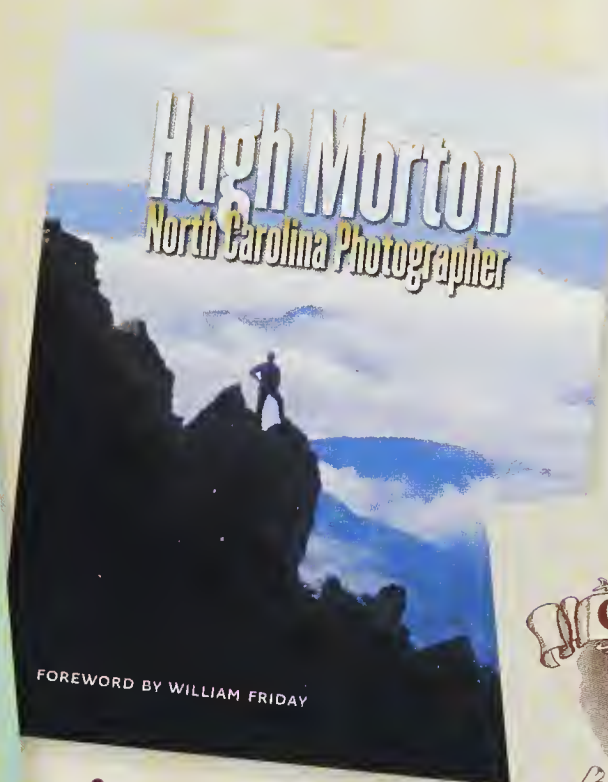




M



N



O



P

M : The Carolina Mountains

Well-known biologist, writer and educator Margaret Morley visited the mountains of North Carolina in 1890. Enchanted by their pastoral charm, she spent more than a decade recording everyday life through prose and 105 black-and-white photographs. This new edition of "The Carolina Mountains," first published in 1913, combines biological observation, travelogue and history to create a poetic account of the region. Copies cost \$24 at bookstores. Ordering directly from the publisher, Bright Mountain Books, the price is \$31 inside North Carolina or \$29 outside North Carolina (includes shipping and handling). Softcover, 384 pages.

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O : Hugh Morton, North Carolina Photographer

From the rhododendron fields of the mountains to the wild ponies of the Outer Banks, this beautiful new collection of photographs is Hugh Morton's legacy to North Carolina. The state's favorite photographer and devoted Tar Heel, Morton hand-picked each photograph to celebrate North Carolina's wildlife and natural beauty, and he added some favorite people shots, too. Available in hardcover with 142 color photographs for \$30, in bookstores or from the publisher.

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P : Carolina Maps

Carolina Maps is celebrating their 10th year of being "the source" for historical maps of the Carolinas. The GP Stout North Carolina County Research Maps are still the staple county map for those researching their roots. Here are maps of the Carolinas, old state maps, old city maps, atlases, shaded and 3-D relief maps, county maps and original US Soil Survey maps, among others. The N.C. Dept. of Archives Maps and the 1825 Mills Atlas of South Carolina are suitable for framing. Great for gifts, too. Secure Web site.

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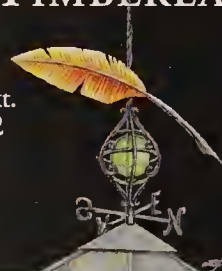
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A 1939 American Bantam "squareback" pickup truck.

Text and photos by Trent Pitts

Steve Stillwell, of Huntersville, certainly had his hands full in July when he organized the American Austin Bantam Car Club's 43rd national meet in the Lake Norman area.

Owners of these amazingly tiny antique automobiles came from the far reaches of the nation to meet, talk shop and have some fun: a picnic at Jetton Park, cruising to Bruster's Ice Cream in Cornelius, a car showing at Birkdale Commons, and a 17-mile tour in part to prove the cars' roadworthiness.

But actually driving these attractive little cars on the open road could have the makings of a harrowing experience. The cars are just over 100 inches long, and weigh less than 1,200 pounds. For comparison's sake, a new Mazda MX-5 (Miata) is 157 inches long and weighs 2,400 pounds. The tiny 4-cylinder motors make 13 horsepower in the earlier Austin models, with the Bantams topping out at 22 horsepower. There are lawn tractors that have more power than these cars.

But diminutive size has its advantages: On how many other autos can you loosen a few bolts and lift the engine out by yourself? Mark Germana, of Goffstown, N.H., did exactly that during the meet. When the engine in his 1939 American Bantam Roadster was not behaving, he and his son Dominic removed it and installed another motor, right there on the lawn in back of the hotel. To underscore the jampering that some of these cars get, Mark Germana mentioned, "This car was last restored in 1962, it had 50,715 miles on it, and has only been driven 1,200 miles since."

Steve Stillwell, who is vice president of the club, also owns '39 Bantam Roadster, which he displayed at the show. "My '39 Roadster was bought in Charlotte by my uncle," he said. So the car has always been in the family. The cars are very unique, and draw attention everywhere they are displayed." Stillwell has a 1939 Bantam Coupe as well, which is undergoing a frame-off restoration.

The Austins and Bantams have an interesting history. A man by the name of Sir Herbert Austin introduced the Austin Seven to England in 1922, because European countries taxed automobiles in relation to their engine size. Consequently, the 7-horsepower Austin was a great success all over Europe. Sir Herbert set his sights on the U.S., and in 1929, The American Austin Car Company was organized in Butler, Pa., to manufacture a modified version of the Austin for stateside use. After some early success, the Great Depression caused sales to decline to such a degree that production was suspended. In 1934, the company filed for bankruptcy, after 19,700 cars had been produced.

The firm's assets were sold in 1935 for \$5,000 to Austin's chairman Roy Evans, who renamed it the American Bantam Car Company. The new Bantam models were introduced in 1938, using the same chassis and body shells as the Austins, but with more modern, streamlined design detail, and more capable engines. True demand for economy cars in the U.S. was decades away, and as a result, only 6,700 Bantams were made before the company stopped producing civilian vehicles altogether.

In 1940, American Bantam won the U.S. military contract to develop a small, versatile, four-wheel drive vehicle. After receiving orders for 3,000 Bantam Reconnaissance Vehicles, or BRCs, it became obvious that its production capacity was too limited. The contract went to Willys-Overland and Ford to produce the vehicles for the rest of the war. The BRC eventually became known as the "Jeep."

There is only a handful of the original Bantam BRCs left. Jim Markell, of Mooresville, just happens to own one. It looks as though it just rolled off of the factory floor—it has been completely restored, down to the last nut and bolt. After the awards banquet, when all of the trophies had been handed out, Markell left one happy guy. His little piece of American history that resides in Mooresville won "Best of Show." 🏆

Trent Pitts is a writer/photographer in the Lake Norman area.

HOME INSULATION

By Kim Whorton Tripp, Contributing writer

Inadequate insulation and air leakage are leading causes of energy waste in most homes. Added insulation can make your house more comfortable by helping to maintain a uniform temperature. Insulation can also act as a sound barrier.

Check the insulation in your attic, ceilings, exterior and basement walls, floors and crawl spaces to see if it meets the levels recommended for your area. Insulation is measured in R-values—the higher the R-value, the better your walls and roofs will resist heat transfer.

The easiest and most cost-effective way to insulate your home is to add insulation in the attic. To find out if you have enough attic insulation, measure its thickness. If there is less than R-19 (6 inches of fiberglass or rock wool or 5 inches of cellulose) you could probably benefit by adding more.

Insulation usually comes in four types—batts, rolls, loose-fill and rigid foam boards. Each type is made to fit in a different part of your home.

Insulation priorities

- Insulate your attic to the recommended level, including the attic door or hatch cover.
- Provide the recommended level of insulation under floors, above unheated spaces, around walls in a heated basement or unventilated crawl space, and on the edges of slab-on-grade foundations.

Insulation tips

- Consider factors such as your climate, building design and budget when selecting insulation R-value.
- Use higher density insulation, such as rigid foam boards in cathedral ceilings and on exterior walls.
- Ventilation plays a large role in providing moisture control and reducing summer cooling bills. Install attic vents to help make sure that there is 1 inch of ventilation space between the insulation and roof shingles. Attic vents can be installed along the entire ceiling cavity to help ensure proper airflow from the soffit to the attic.
- Do not block vents with insulation, and keep insulation at least 3 inches away from recessed lighting fixtures or other heat-producing equipment unless it is marked "I.C."—designed for direct insulation contact.

R-value

A wall's R-value is a measurement of its thermal resistance.

Many homes are still built using the traditional standard of 2-by-4 walls and R-11 fiberglass batt insulation. But most builders don't consider this old standard to be adequate. Insulation dealers now sell enhanced batts for 2-by-4 walls that are rated at R-13 or R-15.

Insulation effectiveness is measured in R-value per inch. The total R-value of your insulation depends both on its type and its depth. To determine the total R-value of your



insulation, decide what type of insulation is installed, and multiply the R-value per inch times the number of inches installed. Cellulose loose-fill insulation, for example, is rated at about R-3.5 per inch. If your attic has 4 inches of cellulose, that's $3.5 \times 4 = R-14$. Your attic insulation should be R-30.

Batts

Batts have a heavy paper backing on one side and a pink, fibrous material—usually made of either fiber glass or rock wool—on the other. Batts are simply blankets pre-cut into 4 or 8-foot lengths. Standard widths are 16 or 24-inch. Batts are made to fit between the studs in your walls or between the joists of your ceilings or floors.

Rolls

Rolls or blankets are usually made of fiberglass and can be laid over the floor in the attic.

Loose-fill

Loose-fill insulation, usually made of fiberglass, rock wool or cellulose, is blown into the attic or walls.

Rigid foam boards

Rigid foam boards are often made of polystyrene. These lightweight boards provide structural support and generally have an R-value of 4–7 per inch. Rigid board insulation is used in confined spaces such as exterior walls, basements, foundations and stem walls, concrete slabs and cathedral ceilings. 

Sources

U.S. Department of Energy, Energy Efficiency and Renewable Energy, www.eere.energy.gov

James Dulley, *House Insulation Guide*, www.dulley.com

John Krigger, *Saturn Resource Management*. www.srmi.biz Author of numerous energy efficiency books including *Surviving the Seasons* and *Residential Energy: Cost Savings and Comfort for Existing Buildings*

SEALING LEAKS

Did you know that the 3-millimeter gap between your door and the frame is equivalent to a 13-square-centimeter hole in the wall? By sealing these small cracks around the windows and doors in your home, you can cut your electric heating bill 15 percent. Best of all, this can be done within your entire home in a single day by yourself.

When weather-stripping your home, it is important to select the type of weather-stripping that will withstand the friction, weather, temperature changes, and wear and tear associated with its location. Felt and open-cell foams tend to be inexpensive, susceptible to weather, visible and inefficient at blocking airflow. However, the ease of applying these materials may make them valuable in low-traffic areas. Although it is slightly more expensive than other materials, vinyl holds up well and resists moisture. Metals (bronze, copper, stainless steel and aluminum) last for years and are affordable. Weather-stripping made out of metal can provide a more aesthetically pleasing look to older homes while materials such as vinyl might seem out of place.

Weather-stripping windows

You will need: blow dryer or heat gun, double-sided tape, scissors, tape measure, and a shrink-film window insulation kit (available at most hardware stores).

- Clean all surfaces of the moulding area and allow to dry.
- Apply the double-sided tape firmly to the surface around the window.
- Measure and trim the plastic sheeting 1.5–2 times larger than the window.
- Starting from the top, unfold the shrink film and attach it to the tape.
- Heat the film with the blow dryer, and it will shrink snugly into place; remove remaining wrinkles. The shrink film is easy to remove during warmer months.

Weather-stripping doors

You will need: finishing nails, hacksaw, hammer, screws, screwdriver, scissors, tape measure, V-Shaped vinyl weather-stripping and a door sweep.

Installing V-shaped vinyl

- Clean the moulding area and allow all surfaces to dry.
- Measure and cut the vinyl to the length of each side of the door.
- Place each strip on the jamb with the raised “V” facing away from the door, positioned so the door sash is centered on the strip when closed.
- Secure the vinyl into place with finishing nails or by removing the adhesive backing.



Installing a door sweep

- Measure and cut the sweep with a hacksaw to fit the bottom of the door.
- With the door closed, position the sweep against the door so its bottom lightly touches the threshold.
- Trace the mounting holes and drill pilot holes into the center or the marks.
- Use the screw to mount the sweep to the door.
- Adjust as you tighten so the sweep rests evenly on the threshold.

Seal air leaks

- Find air leaks both inside and around the exterior of the home. You can do this by simply wetting your fingertips and running them around the door or window frame to feel a draft. Or hold a tissue against the door or window and seeing if it waves. Be sure to check around fixtures that penetrate walls such as exhaust fans and electrical outlets. Look for unfilled gaps and cracks near dryer vents, chimneys and faucet pipes.
- Fill leaks between nonmoving parts, such as between a window frame and the wall, with caulking.
- Replace your screens with storm windows and doors. If you have older or leaky windows that you can't replace, consider doing temporary fixes such as plastic film kits that create the effect of an interior storm window.
- Insulate attics and flooring above unheated spaces, such as crawl spaces and the garage.
- Have your furnace checked by a professional to make sure it's operating safely and at its optimal level. Make sure that your furnace filters are changed monthly to help keep your heating bill down. 🌱

Why Eat Local?

In our modern age of food preservatives and additives, genetically altered crops and E. coli outbreaks, as with the recent spinach debacle, people are increasingly concerned about the quality and cleanliness of the foods they eat.

John Ikerd, a retired agricultural economics professor who writes about the growing “eat local” movement, says that farmers who sell direct to local consumers need not give priority to packing, shipping and shelf life issues and can instead “select, grow and harvest crops to ensure peak qualities of freshness, nutrition and taste.” Eating local also means eating seasonally, he adds, a practice much in tune with Mother Nature.

“Local food is often safer, too,” says the Center for a New American Dream (CNAD). “Even when it’s not organic, small farms tend to be less aggressive than large factory farms about dousing their wares with chemicals.” Small farms are also more likely to grow more variety, too, says CNAD, protecting biodiversity and preserving a wider agricultural gene pool, an important factor in long-term food security.

Eating locally grown food even helps reduce pollution. Rich Pirog of the Leopold Center for Sustainable Agriculture reports that the average fresh food item on our dinner table travels 1,500 miles to get there. Buying locally-produced food eliminates the need for all that fuel-guzzling transportation.

Another benefit of eating locally is helping the local economy. Farmers on average receive only 20 cents of each food dollar spent, says Ikerd, the rest going for transportation, processing, packaging, refrigeration and marketing. Farmers who sell food to local customers “receive the full retail value, a dollar for each food dollar spent,” he says. Additionally, eating locally encourages the use of local farmland for farming, thus keeping development in check while preserving open space.

To learn more: Center for a New American Dream, www.newdream.org/consumer/farmersmarkets.php; Local Harvest, www.localharvest.org.

Hybrid Pick-up Trucks

Fuel efficiency has not typically been the calling card of pickup trucks and sport-utility vehicles (SUVs). Small hybrid gasoline-electrics are all the rage now among commuters looking to save money at the pump, but similar technology has been slower to gain traction in the “light truck” category. Carmakers have made strides in recent years, though, to meet growing demand for vehicles of all kinds that will sip and not gulp.

Currently, General Motors is the only carmaker offering hybrid pickups. Hybrid versions of its Chevrolet Silverado and GMC Sierra 4x4s have been available since 2005, and get about 18 miles per gallon (mpg)/city and 21/highway. The non-hybrid versions get 15/19 mpg, but cost \$1,500 less. GM claims that those paying the hybrid premium will get back that extra investment in fuel savings over three to five years.

Regarding fuel-efficient SUVs, consumers have a few more choices. Ford currently leads the charge with its Escape Hybrid model, a smaller SUV that gets 36/31 mpg. Ford



makes similar SUV hybrids under its Mercury and Mazda brands. Meanwhile, Toyota’s mid-sized Highlander Hybrid SUV clocks in at 32/27 mpg, while the similar Lexus RX 400 Hybrid gets 33/28 mpg. All these vehicles post significantly better fuel efficiency ratings than their non-hybrid counterparts, but also cost more up front.

If you’re looking to purchase a new hybrid-electric car or truck in the U.S. before the end of 2007 you may qualify for a healthy tax credit, depending on the fuel efficiency of the vehicle. According to the Internal Revenue Service (IRS), a 2007 4WD Chevrolet Silverado or GMC Sierra hybrid pickup would garner a tax credit worth \$650 (2WD versions qualify for a \$250 credit), and the new 2WD Ford Escape Hybrid and Toyota’s Highlander Hybrid each qualify for a whopping \$2,600 credit. Buyers of the 2007 Lexus RX 400h can count on getting \$2,200 back. The credits are limited to the first 60,000 sold, though, so if you’re looking to jump on the hybrid bandwagon you should run, not walk, to the nearest showroom.

Replacing an older truck with a newer model—especially a hybrid—will almost always guarantee better fuel economy, but it might not be the most environmentally sensitive way to go, all things considered. Some experts would argue for keeping the old truck, and fixing and tuning it up, thus preventing another new vehicle from hitting the roads while an old one clogs up the junkyard. Repairing an old vehicle is usually cheaper than buying a new one, though it is difficult to quantify the cost of ongoing maintenance hassles.

To learn more: IRS Hybrid Vehicle Tax Credits, www.irs.gov/newsroom/article/0,,id=157632,00.html; U.S. Environmental Protection Agency Fuel Economy Information, www.epa.gov/fueleconomy.

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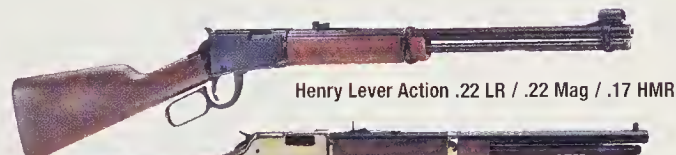
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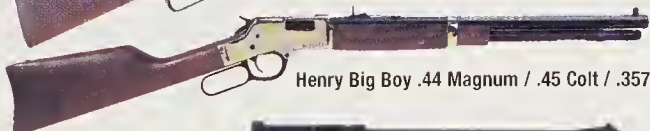
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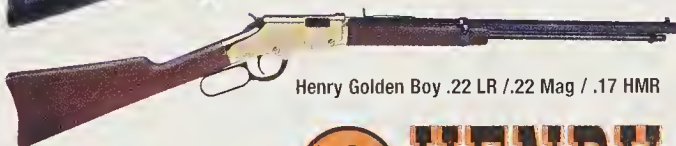
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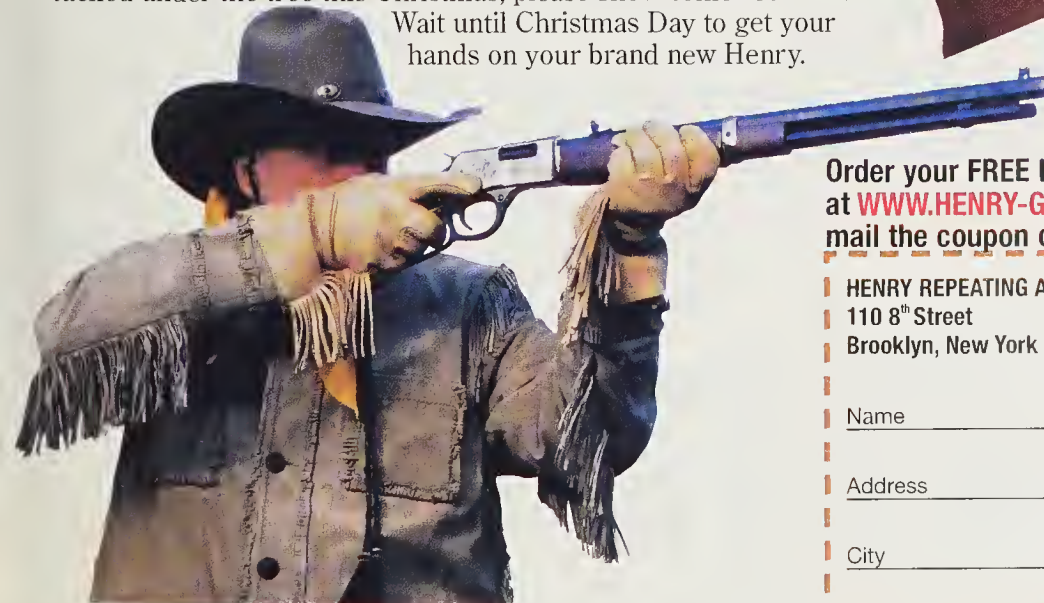
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...you shined your black patent leather shoes
with a cold biscuit
your mother made.

From Joan Daly, Goldsboro



From Joan Daly, Goldsboro

- ... You know what a carbuncle or rising is, and your daddy uses fat meat to draw it to a head.
- ... You shined your black patent leather shoes with a cold biscuit your mother made.
- ... On Saturday night you have seven pairs of children's shoes lined up on newspaper, polished and ready for Sunday School.
- ... Your church had revivals for seven nights straight, and you were made to attend all of them, no questions asked.
- ... You attended cottage prayer meetings (church held in homes).

From Dennis Burden, Lumberton

- ... Your last meal could be a piece of hoop cheese and a honey bun.
- ... You brought a leaf of tobacco to school for show-and-tell.
- ... You played hide-and-go-seek in a corn field.
- ... You think Dean Smith should run for president and Michael Jordan for vice president.

From Ann Heath, Pinnacle

- ... You ran barefooted to the tobacco field with a glass juice jar filled with water to give the primers a cold drink.
- ... You would play under the quilt at a quilting party and try to figure whose feet were whose.
- ... Your daddy let you help him put the mules in the pasture when he got through plowing the tobacco fields.

From Clelia Hand, Canton

- ... You know this evening means anytime after noon.
- ... You ask for tiles and the clerks direct you to the towels.
- ... Your daddy gave you rides on his push plow.
- ... Your sister wanted a little sister so bad that she asked your daddy if he thought she could order one from Sears and Roebuck, and he said he didn't know but he could try.
- ... Everybody in town called you "Little Sister."
- ... You were the mascot of "The Seven Sisters of the Siler Spider."

From Wayne Beane, Hudson

- ... You faked sickness to stay out of school to go fishing.
- ... You dug worms and put them in a Prince Albert tobacco can.
- ... You seined minnows from a small creek.
- ... You might also have caught spring lizards for bait.
- ... Your float was a cork from a Griffith shoe polish bottle.
- ... You pole was a river bank cane.
- ... Your line was Mom's sewing thread.
- ... You sat on the river bank and got red dirt on the seat of your pants.
- ... You took a can of sardines for a snack.
- ... When you caught fish, you cooked them on the river bank.

From Jessie Neal, Bear Creek

- ... You made frog holes in the sand.
- ... You smoked dried mulberry root cigarettes.
- ... You walked around on tall Tom Walkers.

From Randy Martin, Lawndale

- ... As soon as you were big enough to hold the hoe, you helped in the garden.
- ... Dogs outnumber the people who live on your road.
- ... Your grandpa and cousins took you snipe hunting.
- ... You got in trouble for sneaking your pet chicken to school for show-and-tell.
- ... Your momma had to run you out of the chicken house because you had the hens so upset they wouldn't lay.
- ... Your daddy killed a snake by whooping it with a switch.

From Jack Martin, Rockingham

- ... Your daddy "hoped" out at the still on Saturdays during the off-season. They paid him with a jar of white corn liquor in a half gallon Mason jar.
- ... Your mother perked Luzianne coffee and chickory in a percolator with a glass bulb on top.
- ... Your daddy made home brew in a stone crock, usually in the smoke house. It was sweet and you sneaked some and got tipsy. ☺

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HOW I USE MASON JARS

Mason has become a common name for glass jars used to can fruits, vegetables, jams, chutneys and other foods. In the early 19th century, methods developed in Europe for preserving fruits and vegetables in sterilized tin cans and later glass jars. To seal the glass jars, canners used paper, leather or skin at first, then cork stoppers and wax sealers. The jar is disinfected with a thorough boiling. Then the food contents are heated, poured into the jar and covered by a lid (today the lid is a two-piece version). When the food and air cools, the pressure inside the jar decreases and pulls the lid firmly shut.

In 1858, John Landis Mason developed and patented a glass jar with a threaded lid and metal cap. The Mason jar had a threaded neck which fit with the threads in a metal cap to screw down and seal at the jar's shoulder. In 1869, a new method placed a rubber seal above the threads and under a lid, according to the Frank H. McClung Museum at the University of Tennessee. The screw cap pressed tightly against the inverted lid, with rubber seal underneath, and made a good seal. The glass top or the zinc lid are no longer recommended for home canning. The two-piece metal lid is the healthiest choice.



OTHER USES FOR MASON JARS

Submitted by Surry-Yadkin EMC member Donna Chilton of Pilot Mountain

- ☞ Buttons
- ☞ Money (sometimes buried in the yard)
- ☞ Cuttings of plants to root, held up by plastic wrap
- ☞ Cut flowers, as a vase
- ☞ Pens, pencils (pint-size jars)
- ☞ Fireflies (with used lids punched so they can breathe)
- ☞ Other kinds of bugs as well (using some kind of lid)
- ☞ Homemade soup taken to the sick with a pretty piece of cloth between lid and ring and a ribbon around the neck of the jar
- ☞ Food gifts at Christmas (jar prettied up same way)
- ☞ Water or turpentine, depending on what kind of paint you use and soak the paintbrush in it.
- ☞ Seashells found at the beach
- ☞ Homemade bubble soap
- ☞ Moonshine
- ☞ Sugar, flour, cookies, dried pasta (in gallon-size jars)
- ☞ Salt and pepper shaker (pint-size jars, holes poked in the lid)
- ☞ Measuring cup (especially pint size)
- ☞ Drinking glass (really good with iced tea or lemonade)
- ☞ Cool jar of water from a creek
- ☞ Small goldfish container
- ☞ Watching a tadpole grow into a frog
- ☞ Just the rings of the lids make a good game of Toss to a Peg
- ☞ The rings can also be used to cut out a hole in loaf bread to make "nest eggs" (fry bread and egg at the same time)
- ☞ Make wine in the jar (My sister accidentally did this when we picked blackberries, rinsed them, put sugar on them to eat and forgot about it. Actually, that may have been her "Huckleberry Hound" cup but it could've been a Mason jar.)



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Miracle Polish Ends Struggle With Tarnishing Metals By D.H. Wagner

Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish

referred to as "miracle polish" that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

Good Housekeeping Institute recommends MAAS for restoring heavily tarnished heirlooms stating, "MAAS cleans best and gives lasting results." The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."



How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen. "To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restores glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television."

Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna

to personally appear on TV to demonstrate her product. 17,000 viewers called during MAAS' debut and encore performances brought a million dollars in record-breaking sales.

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

A consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every polish tested.

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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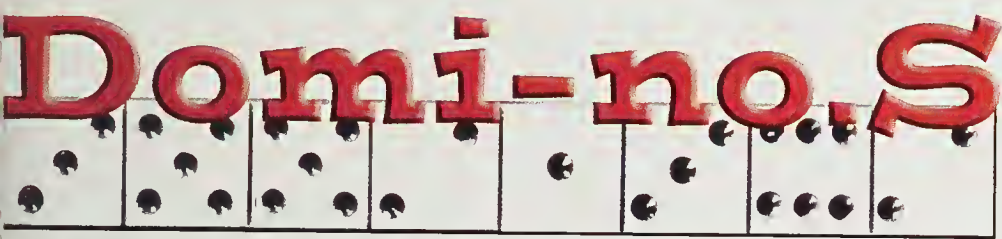
Find the Value of

N O V E M B E R
_ + _ + _ + _ + _ + _ + _ + _ = _

Each of the seven different letters in NOVEMBER has been given a different value from one through seven. For example, if M=1, E=2 and N=3, then the value of MEN would be 6. It isn't.

Your challenge is to find the value of each letter, and the total value of the letters in NOVEMBER, given the total value of the letters in each of the words listed below.

- | | | | |
|-------------|------------|-----------|-----------|
| VENOM (21) | NEVER (17) | OVEN (15) | VEER (10) |
| REMOVE (18) | BORN (16) | OVER (11) | OBOE (9) |



L L E K T R E S R

X $\frac{8}{A}$

J U N $\frac{8}{A}$ L U S K $\frac{8}{A}$

Letters stand for digits in this multiplication problem. Given A=8, can you replace the digits to find the value of JUNALUSKA? Lake Junaluska in Haywood County was named for the Cherokee chief who saved Andrew Jackson's life in 1812.

WORD

ward-wary-pray

PLAY

1 R A N K

2

3

4

5 F I L E

To go from RANK to FILE you must change one letter in each step to spell a new word. Letters can be rearranged in any step. Your answer may be different from mine.

For answers, please see page 34.

SCRAMBLED SUDOKU WINNER

We received more than 325 correct solutions to the "Scrambled Sudoku" puzzle published in October's magazine. They were numbered as received, and the \$50 winner chosen at random was Gabriel Palmer of Cameron, a member of Randolph EMC.

Here is the solution:

E	R	L	S	D	A	B	M	C
B	D	A	M	L	C	E	S	R
M	S	C	R	B	E	D	A	L
S	C	R	A	M	B	L	E	D
L	M	B	E	S	D	C	R	A
A	E	D	C	R	L	S	B	M
D	A	M	L	E	S	R	C	B
C	L	E	B	A	R	M	D	S
R	B	S	D	C	M	A	L	E

SOUTHERN exposure

Born to Lose

A Hendersonville man was charged with purse snatching after he attempted to cash checks from a purse that was stolen. His name and fingerprints were on the checks.



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\$150,000	\$887.31	30 YR. Fixed	5.87*	5.99%
\$200,000	\$1,104.41	5 YR ARM	5.25***	5.39%
\$200,000	\$666.50	Power Arm	1.25***	6.52%

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 RANK LANK LANE LINE FILE
 Don't No's

November Events



On Sat., Nov. 18, costumed interpreters cook a traditional 18th century fall harvest meal over an open hearth at the High Point Museum. Call (336) 883-3022 or visit www.highpointmuseum.org.

Blue Ridge Jamboree

Nov. 18, Mount Airy
(336) 786-7998

Tree Fest & Christmas Crafts

Nov. 20–Dec. 28, West Jefferson
(336) 846-2787

Gertrude Smith Open House

Nov. 27–Dec. 23, Mount Airy
(336) 789-4636

Civil War Infantry

Nov. 4–5, Huntersville
(704) 875-2312
www.lattaplantation.org

International Festival

Nov. 4–5, Raleigh
(919) 277-1184
www.fwv-us.com

Lecture: Sandhills at a Crossroads

Nov. 9, Southern Pines
(910) 638-3982
www.mimsstudios.com/CDF/index.htm

Home for Christmas

Nov. 9–11, Fayetteville
(910) 483-5311
www.uncfsu.edu/speech&theatre/fsu_drama_guild.htm

Davie Crafters' Corner Holiday Show

Nov. 9–11, Mocksville
(336) 751-4135

Christmas Show

Nov. 9–11, Mocksville
(336) 798-3537

Charlie Daniels Band

Nov. 10, Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

Pastures of Plenty

Nov. 10, Yanceyville
(336) 694-4591

Military Research

Nov. 11, Monroe
(704) 283-8184
www.union.lib.nc.us

Dan Finch Pottery Open House

Nov. 12, Bailey
(252) 235-4664
www.danfinch.com

Auto Show

Nov. 16–19, Charlotte
(704) 364-1078
www.charlotteautoshow.com

Hometown Holiday Celebration

Nov. 17–18, Mebane
(919) 304-6019

Yule Mart Craft Fair

Nov. 17–19, Fayetteville
(910) 497-3238
www.fbaosc.org

Open Hearth Cooking

Nov. 18, High Point
(336) 883-3022
www.highpointmuseum.org

PIEDMONT

Wake Forest Farmers' Market

Saturdays, Wake Forest
(919) 556-1579
www.wakeforestmarket.org

Vienna Boys Choir

Nov. 2, Fayetteville
(910) 483-4311
www.methodist.edu

Mid-Atlantic Farm Show

Nov. 2–4, Concord
(910) 795-0292
www.midatlanticfarmshow.com

Holly Day Fair

Nov. 2–5, Fayetteville
(910) 323-5509
www.hollydayfair.com

That Improv Show

Nov. 3–4, Fayetteville
(910) 433-2900
www.thestagedoor.org

Antiques Show & Sale

Nov. 3–5, Pinehurst
(910) 692-2051
www.moorehistory.com

"Tuesdays with Morrie"

Nov. 3–19, Fayetteville
(910) 483-5311
www.cfrt.org

Pottery & Folk Art Show

Nov. 4, Colfax
(336) 632-1413
www.selectpottery.com

Craft Show

Nov. 4, Southmont
(336) 798-3537

Antique Truck Show

Nov. 4, Greensboro
(252) 492-6469

Southern Heritage Pottery & Folk Art

Nov. 4, Colfax
(336) 369-7420
www.selectpottery.com

Blacksmith Auction

Nov. 4, Brasstown
(828) 837-2775
www.folkschool.org

Highland Games

Nov. 4, Hendersonville
(828) 693-8526
www.scotsfoothillshr.org

Fall Festival

Nov. 11, Wilkesboro
(336) 667-3171

Hometown Christmas Celebration

Nov. 17, Murphy
(828) 837-6821

A Sanders Family Christmas

Nov. 17, West Jefferson
(336) 846-2787

Mountains

Reet Dances

Sundays, Hendersonville
(704) 828-4244
www.historichendersonville.org

Music on Main Street

Sundays, Hendersonville
(704) 828-4244
www.historichendersonville.org

Corn Maze

Throughout Nov. 19, Marshville
(704) 517-5622
www.AwShucksCornMaze.com

Int Family Fiddlers

Nov. 3, West Jefferson
(336) 846-2787

Cottage Craft Sale

Nov. 3–4, Kernersville
(336) 993-2260

American Indian Heritage

Nov. 18, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Snacks with Santa

Nov. 18, Mocksville
(336) 751-2113
www.daviesmartstart.org

Fall & Winter Craft Fair

Nov. 18, Albemarle
(704) 984-9415

Christmas Open House

Nov. 18–19, Cameron
(910) 741-8145
www.antiquesofcameron.com

Homethrown Pottery

Nov. 18–19, Trinity
(336) 476-8452
www.homethrownpottery.com

Live! At the Arsenal

Nov. 19, Fayetteville
(910) 483-5311
www.ncmuseumofhistory.org/osm/mcfGenlno.html

Christmas Parade

Nov. 19, Monroe
(704) 226-1407
www.unionsmartstart.org

"Seussical, The Musical"

Nov. 21, Yanceyville
(336) 694-4591

A Dickens Holiday

Nov. 24, Fayetteville
(910) 323-1776
www.theartscouncil.com

A Plantation Christmas

Nov. 24–25, Huntersville
(704) 875-2312
www.lattaplantation.org

"A Christmas Carol"

Nov. 24–Dec. 10, Fayetteville
(910) 678-7186
www.gilberttheater.com

Market Square Days

Nov. 25, Fayetteville
(910) 483-5311
www.theartscouncil.com/MarketSqDays.php

The Heart of Christmas Show

Nov. 25–26, Fayetteville
(910) 978-1118
www.heartofchristmasshow.com

Holiday Pops

Nov. 30, Fayetteville
(910) 483-5311
www.ncsymphony.org

Albemarle Christmas

Nov. 30, Albemarle
(704) 984-9415

Singing Christmas Tree

Nov. 30–Dec. 3, Fayetteville
(910) 483-5311
www.snydermbc.com/concert_series.html

A Homeschool Christmas

Dec. 1, Huntersville
(704) 875-23112
www.lattaplantation.org

Holiday Lights

Dec. 1–21, Fayetteville
(910) 483-5311
www.bragg.army.mil/18abn/museums.htm

Decorated Private Homes Tour

Dec. 3, Fayetteville
(910) 483-6009
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www.ncmm-friends.org

Shackleford Trip

Nov. 2, Harkers Island
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www.ncmm-friends.org

Down East Holiday Show

Nov. 3–5, Greenville
(252) 493-7287
www.pittcc.edu

The Wisemen's Bazaar

Nov. 4, Havelock
(252) 447-7843

Fall Bazaar

Nov. 4, Bridgeton
(252) 638-4638

Mattamuskeet Fun Ride

Nov. 4, Swan Quarter
(888) 493-3826
www.hydecountry.org

Street Festival

Nov. 4, Statesville
(877) 531-1819
www.statesvillepumpkinfest.com

Arts & Crafts Show

Nov. 4–5, Swan Quarter
(888) 493-3826

Bass Fishing Tournament

Nov. 5, Edenton
(252) 482-5342
www.visitedenton.com

Cucalorus Film Festival

Nov. 8–11, Wilmington
(910) 343-5995
www.cucalorus.org

Nature Excursion

Nov. 8, Cape Carteret
(252) 728-7317
www.ncmm-friends.org

"Heaven Came Down"

Nov. 9–Dec. 16, Edenton
(252) 482-4621
www.visitedenton.com

John Brown Quintet

Nov. 10, Oriental
(252) 249-1529

Farm Toy Show

Nov. 10–11, Washington
(252) 975-2896

Mistletoe Show

Nov. 10–12, Elizabeth City
(252) 333-9155

Arts & Crafts Guild Fair

Nov. 11–12, Williamston
(252) 721-3833

OBX Marathon Run

Nov. 12, Kitty Hawk
(252) 475-1500
www.obxmarathon.org

Rockfish Rodeo

Nov. 18, Manteo
(252) 473-6644
www.rockfishrodeo.com

Festival of Trees

Nov. 25–Dec. 3, Wilmington
(910) 772-5444
www.hospicefestivaloftrees.org

Festival of Trees

Dec. 1–7, Morehead City
(252) 808-6085

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(704) 337-2000
www.mintmuseum.org

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Through Jan. 7, Durham
(919) 220-5429
www.ncmls.org

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Through Feb. 11, 2007,
Raleigh, (919) 839-839-6262
www.ncartnuseum.org

New Lawn Art

Through December, Charlotte
(704) 332-5535
www.mccollcenter.org

Surviving the Great Depression

Through June 24, 2007,
Charlotte
(704) 568-1774
www.charlottenmuseum.org

Beyond the Pulpit

Through Aug. 5, 2007,
High Point
(336) 883-3022
www.highpointmuseum.org

American Master Paintings

Through Dec. 31, Charlotte
(704) 337-2009
www.mintmuseum.org

Tribute to Veterans Display

Nov. 3–5, Monroe
(704) 283-8184
www.union.lib.nc.us

"Design Made in Africa"

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McColl Center for Visual Art,
Charlotte
(704) 332-5535
www.mccollcenter.org

COAST**Dickens and Hill Art Show**

Nov. 1–28, Manteo
(252) 475-1500
www.roanokeisland.com

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November 24 | For
February: December 24

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events@carolinacountry.com





CAROLINA COUNTRY adventures

Old-time communities with road signs bearing family names dot pretty, bucolic Ashe County. It's known for its acres blanketed in dark green Fraser fir trees and follows the pace of the way things used to be. Jefferson, the county seat, boasts a beautiful courthouse currently undergoing restoration. West Jefferson, the biggest town with around 1,100 people, has art galleries, the historic Ashe Arts Center housed in a 1938 WPA building, and colorful downtown murals. It's also home to City Shoe Shop, owned by old-fashioned cobbler D.G. Stout. He's been in business for more than 50 years. At the Farmers Market, Wednesdays and Saturdays in season, folks sell wares from pick-up trucks. In Crumpler, you can dine family-style at Shatley Springs Inn, which began as a tearoom in the 1920s. Glendale Springs' offerings include the frescoe "Last Supper," painted by renowned artist Ben Long, at a century-old Episcopal chapel.

Three top spots:

Todd General Store: Friday nights, the store offers a merry community jam of old-time mountain music. Built in 1914, the store's walls hum with the sound of guitars, dulcimers and fiddles. The surrounding area, between West Jefferson and Boone, once supplied timber for the railroads and was a last stop of the Virginia Creeper line. When the timber ran out the town dissolved, leaving the store as a vital reminder of the past.

(336) 246-4483 or www.porchpickin.com/AreaPages/ToddStore/Todd.htm

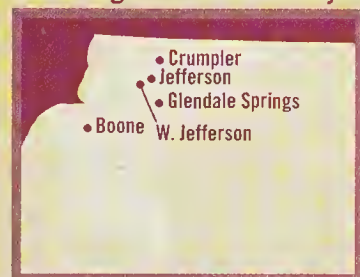
Ashe County Cheese Company: Visitors can see fresh cheese made with milk from local dairies. The gift shop sells at least 50 varieties of cheese, country butter, and fresh cheese curd. The store and viewing room is open to visitors year-round Monday through Saturday. (800) 445-1378 or www.ashecountycheese.com

Hikes: The New River State Park near Jefferson offers hiking and camping at one of the oldest rivers in the world. (336) 982-2587. Mount Jefferson State Park, also near Jefferson, has good trails, educational seminars and a mountain that surges abruptly to more than 1,600 feet. You can view this majestic peak from the Mount Jefferson Overlook on the Blue Ridge Parkway. (336) 246-9653. Or <http://ils.unc.edu/parkproject/main/visit.html> for both parks.

Learn of other nearby adventures and events:

(888) 343-2743 or visit www.ashechamber.com

Ashe County Blue Ridge Electric territory



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• Jefferson
• Glendale Springs
• Boone W. Jefferson

Homegrown tea camellias

Though not nearly as common in the landscape as *Camellia japonica* or *sasanqua*, the tea camellia is a charming and unique shrub that is hardy in all growing zones in North Carolina. *Camellia sinensis* is the source of all commercial black, green and oolong tea. Young leaves are picked, rolled (bruised) then fermented (oxidized) and dried—the methods used and the types of leaves determine the kind of tea produced and its flavor. Tea camellias bear small, fragrant white flowers (1 to 1½ inches) in fall. A pink-flowered variety, ‘Rosea’, has leaves that produce a stronger tea with a “smoky taste,” according to the folks at Camellia Forest Nursery in Chapel Hill. A green tea recipe is available on their Web site, www.camforest.com. This mail-order nursery is one of the few retail sources of tea camellias, offering six varieties with mature sizes ranging from 6 to 50 feet. Specimens too large to mail may be purchased at the nursery by appointment.

Give trees a healthy start

Fall and winter are excellent times to plant trees and shrubs. After leaves have fallen but before buds break in early spring, deciduous trees are dormant. When planted now, the roots will have ample time to become established before new top growth begins in spring. Evergreen trees may be planted now also.

- ▶ Make the planting hole wide but shallow, only as deep as the bottom of the root ball and two to three times as wide.
- ▶ Determine the proper planting depth by identifying the trunk’s “flare,” the place where the roots begin to branch from the trunk. The flare should be visible above the existing grade after planting. This may require planting the root ball 1 or 2 inches above ground. Planting too deep is a major cause of tree mortality.
- ▶ To keep roots from drying out, gently tamp the soil after planting to eliminate air pockets. Another way to achieve this is to backfill the soil a few inches at a time, adding water alternately to promote settling.
- ▶ It is best not to fertilize at the time of planting.
- ▶ Stake trees only when necessary (i.e., in windy locations). Studies have shown that trees that are not staked at planting develop stronger trunk and root systems. When staking, use flexible tie material that will allow some give.
- ▶ Spread a 2- to 4-inch layer of mulch around the base of the tree, making sure it doesn’t come in direct contact with the tree trunk (at least 2 inches away). The “mulch volcano” is a common but harmful practice that may damage the bark and encourage insects and disease.



Second graders “give trees a healthy start” at Porter Ridge Elementary in Union County, served by Union Power Cooperative.

- ▶ Water thoroughly after planting, applying it as a slow trickle if the root ball is very dry. After planting, keep soil moist but not soaked.
- ▶ Prune only branches damaged during planting. Allow a season of growth before substantial corrective pruning.

More information about tree planting, care and maintenance is available at www.treesaregood.com. To request a free set of tree care brochures, write to the International Society of Arboriculture at P.O. Box 3129, Champaign, IL 61826.

Hurricane re-leaf

The National Audubon Society and the National Arbor Day Foundation have distributed more than 40,000 free trees in the hurricane-battered Gulf Coast region. The Katrina Recovery Campaign continues to seek donations to keep restoration efforts alive. In March 2006, more than 6,000 each of four native tree species—bald cypress, red maple, red oak and live oak—were given away. Another 18,000 trees are being distributed now. For every \$10 contribution to the campaign, the foundation will distribute 10 trees to volunteer tree-planters in Louisiana and Mississippi. Donors will also receive Arbor Day Foundation membership, which includes a subscription to its bimonthly newsletter. You may donate online at www.arborday.org/Katrina or send your contribution to the foundation at 100 Arbor Avenue, Nebraska City, NE 68410. 🌳



Carla Burgess can be reached at ncgardenshare@mindspring.com.

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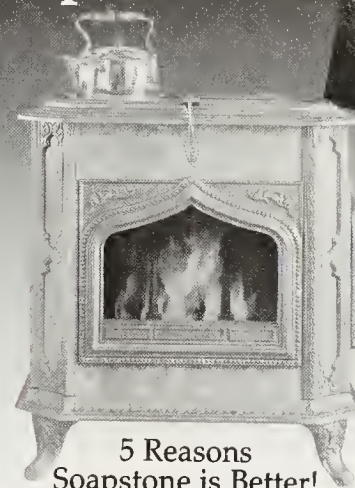
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Alternatives to standard holiday lights

It definitely is fun for families to decorate their homes during the holiday season, but it can increase your electric bill much more than most people realize. Counting the cost of bulbs, the five-year cost (typical life of many bulbs) for using standard colored bulbs during the holidays can be up to \$150.

Obviously, the best alternative to consuming all this energy is to use non-electric decorations or fewer lights. You could talk with your children and explain to them the long-term benefits of energy conservation during the holidays and year-round.

When you compare standard holiday colored lights at the store, you will see designations such as C9, C7 and mini-bulbs. C9 bulbs are the largest ones, and each bulb can use up to 10 watts of electricity. C7 bulbs are slightly smaller and typically use about five watts per bulb. The mini-bulbs use just a fraction of a watt, but they are not nearly as bright as C9 or C7 bulbs.

The newest technology in energy-efficient lighting is an LED (light emitting diode). This is a solid-state device that does not create light by heating an element inside the bulb. Most of the electricity they use ends up as light, instead of heat, as with standard incandescent bulbs. The red numerals on a digital alarm clock use efficient LED technology.

To create energy-efficient, larger, colored holiday bulbs, several LEDs are mounted inside of one bulb. This bulb has a standard base to screw into your existing holiday fixtures. A colored C7 bulb with three LEDs inside of it will be as bright as a standard C7 bulb, but it uses only 0.15 watts of electricity.

These colored C7 LED bulbs have the same shape as regular holiday lights, so you cannot distinguish them from standard colored bulbs. In addition to the electricity savings, the colored shell is made of durable plastic instead of glass. Also, with LED technology, they do not get hot, so they are safer around children and on a dry tree.

The only drawback to these colored LED bulbs is the initial higher cost. You can purchase individual bulbs and screw them into an existing string or purchase ready-to-use string and bulb sets. With a life of more than 60,000 hours, you will likely never have to replace them in your lifetime. Considering this long life and the electricity savings, they should pay back the higher initial cost.

Another efficient option is to use standard or LED mini-bulbs wherever possible. Both use much less electricity than standard colored lights and are relatively inexpensive to buy. As with the larger LED bulbs, the LED mini-lights last for years and do not get hot.

If you already have your larger C7 and C9 bulbs and do not want to purchase new LED ones right now, consider installing fiber-optic converters on the bulbs. These converters snap over the bulbs and have many protruding fiber-optic fibers extending out from the bulbs. These fibers carry the light to the ends and create a large bright cluster around each bulb.



This string of LED bulbs uses less than five watts of electricity and lasts for more than 50,000 hours.

The best energy-efficiency tip is to use fewer bulbs and light them for a shorter time period, perhaps two or three hours per night. Plug them into a timer so you do not forget to turn them off. Also, check the maximum wattage rating of the timer so you do not exceed it. This is particularly good for outdoor lights.

Use as many reflective ornaments as possible to multiply the effect of fewer lights. Decorating around mirrors is an effective method to accomplishing this. Small and large mirrored globe ornaments hanging near lights on a tree are particularly effective. If you make ornaments yourself, use reflective metallic threads. They are available at most craft shops. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association

The following companies offer efficient holiday lights/decorations:

American Lighting (800) 880-1130
www.americanlighting.com

Bronners (800) 361-6736
www.bronners.net

Holiday Creations (303) 694-1121
www.holidaycreations.com

Kreinik Mfg. (800) 537-2166
www.kreinik.com

Miles Kimball (800) 546-2255
www.mileskimball.com

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Pumpkin Torte

- 1 package (18¼ ounces) yellow cake mix
- 1 can (15 ounces) solid-pack pumpkin, divided
- ½ cup milk
- ⅓ cup vegetable oil
- 4 eggs
- 1½ teaspoons pumpkin pie spice, divided
- 1 package (8 ounces) cream cheese, softened
- 1 cup confectioners sugar
- 1 carton (16 ounces) frozen whipped topping, thawed
- ¼ cup caramel ice cream topping
- ⅓ cup chopped pecans, toasted

In a mixing bowl, combine the dry cake mix, 1 cup pumpkin, milk, oil, eggs and 1 teaspoon pumpkin pie spice; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Pour into two greased and floured 9-inch round baking pans.

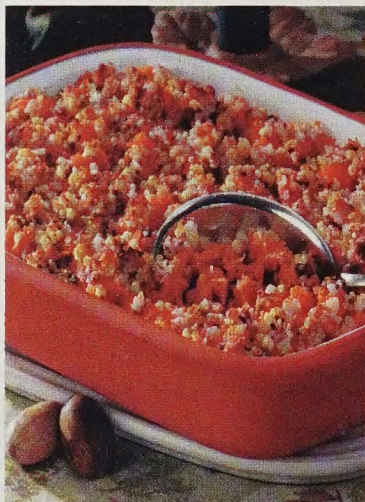
Bake at 350 degrees for 25–30 minutes or until a toothpick comes out clean. Cool 10 minutes before removing from pans to wire racks. Cool completely.

Beat cream cheese, sugar and remaining pumpkin and pie spice until smooth. Fold in whipped topping. Split each cake horizontally. Place a layer on a plate; spread with ¼ of the filling. Repeat layers three times. Top with caramel topping and pecans. Chill.

Yield: 10–12 servings

Macaroon Sweet Potato Bake

- 6 cups mashed cooked sweet potatoes (about 3½ pounds)
- 6 tablespoons plus 4½ teaspoons butter, melted, divided
- ½ cup packed brown sugar
- ¼ cup amaretto liqueur or ¼ teaspoon almond extract
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ½ cup chopped pecans
- ¼ cup orange marmalade
- 6 macaroons, crumbled



In a large mixing bowl, combine the sweet potatoes, 6 tablespoons butter, brown sugar, amaretto or extract, salt and ginger; beat until smooth. Stir in pecans and marmalade.

Transfer to a greased 11-by-7-by-2-inch baking dish. Toss macaroons with remaining butter; sprinkle over the top. Bake, uncovered, at 325 degrees for 30–35 minutes or until heated through.

Yield: 8 servings

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Winning reader recipe

Apple Butter Ice Cream Pie

- 1 cup graham cracker crumbs
- ¾ cup finely chopped toasted pecans
- 4 tablespoons butter, melted
- 3 tablespoons firmly packed dark brown sugar
- ½ gallon homemade style vanilla ice cream, softened
- ½ cup apple butter
- ½ teaspoon ground apple pie spice
- ½ cup chopped toasted pecans
- 4 tablespoons butter
- 4 Fuji apples (or Pink Lady, or other crisp tart apple), peeled, cored and thinly sliced
- ½ teaspoon ground cinnamon
- ⅓ cup maple syrup (or pancake syrup)

Combine graham cracker crumbs, pecans, butter and brown sugar in a medium bowl. Mix well. Press mixture onto bottom and sides of 10-inch spring form pan. Bake at 350 degrees for 15 minutes or until set. Cool completely.

Spoon half the softened ice cream into the cooled crumb crust. Combine apple butter with apple pie spice. Top the ice cream with half the apple butter mixture. Swirl into ice cream with a sharp knife. Sprinkle with ¼ cup pecans. Repeat with remaining ice cream and apple butter. Sprinkle remaining ¼ cup toasted pecans over top. Return to freezer overnight or until firm.

Melt 4 tablespoons butter in a large skillet. Add apples and cinnamon; sauté until apples are almost tender (about 8 min.). Stir in maple syrup and cook until mixture is sticky and apples are tender. Remove from heat. Set aside.

Cut into wedges. Top with warm apples and serve.

Yield: 10 servings

Helen Sturgeon of Brasstown will receive \$25 for submitting this recipe.

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